



Date	Day	6.30am – 7am Kriya (T 24 x 30 minutes every morning) 7am – 10am Breakfast 10 – 11am	11am -1pm Lunch 1.15 – 2.15pm	4-7pm Dinner 7.15pm
1	SAT	CHECK IN AFTER 2PM		4pm (Yoga Shala) welcome + first class
2	SUN			
3	MON			
4	TUE			
5	WED		½ DAY OFF	
6	THU			
7	FRI			
8	SAT			AFTERNOON OFF
9	SUN			
10	MON			
11	TUE	DAY OFF		
12	WED			
13	THU			
14	FRI			
15	SAT			AFTERNOON OFF
16	SUN			
17	MON			
18	TUE	DAY OFF		
19	WED			
20	THU			
21	FRI			
22	SAT			AFTERNOON OFF
23	SUN			
24	MON			
25	TUE	DAY OFF		
26	WED			
27	THU		Assessment preparation (P 4)	Final Assessment (P 5)
28	FRI			Questions and Answer FAREWELL DINNER
29	SAT	Final morning class (optional)	DEPARTURE - CHECK OUT 10.30am	